

## Provisional program for Galway XC Day 1

Contributed by Michael Tobin  
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Provisional program for tomorrow's cross country is at <http://www.craughwellac.com/site/images/2013/xc/2013GalwayXCProgramDay1.pdf> Note U18s and older all run in same team event but U18s have their own individual category, as do junior, novice, etc.. You can only medal individually in a single category - the one in which you were entered. Note also that there are two individual masters categories - O40 and O50. There is no O35 category.